

UNITY DAILY WORD

A PAGE OF INSPIRATION FOR EACH DAY



HAPPINESS
HEALTH
PROSPERITY

March, 1932

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February 20 to March 19

I praise and give thanks that I am strong in the Lord, and in the power of His might.

I praise and give thanks that the strength and power of Thy Spirit now restores me to harmony and health.

I praise and give thanks that Thy abundant Spirit substance is now manifesting in my mind and my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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MY CREED

I believe in one God almighty—peace, love, joy, and life, Father and Creator of all good, and in Jesus Christ our Lord, through whose power I am saved from evil, sin, and disease. I believe in myself, in God in me, and in my power through Christ to behold in myself the son of God, for such I am in Truth. I believe in my fellow man, in God in him, and in his power to be filled with all good because God in his midst is All-Good. I believe in the forgiveness of sins, which takes place when through Christ in me I remit and release sin from my consciousness. I believe in the resurrection of the body to perfect life and health, which is achieved when through Christ the body is exalted above the belief in sin, disease, and death. I believe in everlasting joy, peace, love, and life, which are realized when through the knowledge of Truth we behold heaven in our very midst. Amen.

JUST TRY TO UNDERSTAND

If you would make a better world
With heaven right at hand,
Then do your best, coöperate,
And try to understand.
First, understand just what God is,
And find Him in your heart;
Next, try to understand yourself,
Of Him you are a part.
The other fellow you must know—
Your neighbor and your friend—
And blame and question not his acts,
Then love will have no end.
You cannot judge another one
By what appears to be;
For things may be quite different
From that which you can see.
You do not share another's thoughts
And do not have his mind,
So some excuse for what he does
Is hard for you to find.
If you would make a better world,
Make this a happy land,
You must not lose your faith in men
But try to understand.

THE UNENJOYMENT SITUATION



WHETHER or not we enjoy living is a matter of our reactions to experiences in life. Those who enjoy life know how to react joyfully to the adverse situations that confront them. They get a keen sense of enjoyment out of knowing that they are masters of situations, in command of circumstances.

Can you say today that you really enjoy living, that you are in love with your work, happy in your situation? Do you actually enjoy handling the affairs of the day that present themselves to you? Have you learned to react to adverse situations with a smile? If so, then you enjoy life. If you have learned the doctrine of good cheer, then your duty is to help others to enjoy themselves.

There are those who have prosperity and success, with every material thing in which they have hoped to find happiness, but still for them the unenjoyment situation remains acute. The world is full of those who are pampered and coddled on every hand, looking for a thrill, seeking some external thing to give them pleasure. They try to buy it and they seek everywhere to find it, but without success.

Life does not overwhelm us with its joys and literally force us to be happy. Many of us take the attitude that we are guests here on earth, willing to be entertained but rather skeptical about the entertainment. The true situation is that all of us are hosts dispensing the hospitality of God and spreading His

cordiality to others, and especially to those indisposed to enjoy themselves.

The nonresistant attitude helps a great deal toward giving us the right reaction to negative situations. If one is inclined to fight and to resist experiences, one will be found to be without happiness. The person who lets things disturb him is never one with a sense of inner peace, quiet, and joy. His rebellious mental attitude destroys whatever joy is to be found in his experiences.

If you would do your part in relieving the unenjoyment situation, cease to give much thought to things and adverse experiences. Find joy within your heart first, and there will be no difficult problems. The happy person is not happy because there is nothing to make him unhappy. He is happy because he has discovered the secret of happiness, and this revelation has shown him his superiority over things of the external world.

Resolve this morning to enjoy yourself all day long regardless of what happens. Find in every incident of the day something to be happy about, or something that will bring you a blessing. The adverse condition of things should never affect your inner world. Possibly, some of the happiest persons that we meet are those who have had problems and have had to solve them through happiness.

Many an artist of the stage has received bad news at the moment of his cue for performance

and has been faithful to his work of radiating happiness and good cheer to an audience that detected no thought of grief. The man who can do this is more than actor. He is, indeed, master because he is master of his emotions. And, helping others to be happy, he lessens his own sense of sorrow.

There are those who have enemies whom they deify. They give these enemies power to make them unhappy, and believe in the ability of their enemies to do so. No worshiper of a strange, pagan god ever gave the deity more power over himself than does such a person give to his so-called enemy when he gives that one power to destroy his happiness. If today you are feeling happy and you learn that another person has said or done something that you dislike, are you going to become unhappy about the situation? Are you willing to believe that any person can destroy for you that which God gives you—joy?

To enjoy life we must move with it. If we are in harmony with life, it will assist us in our day-by-day difficulties. Things seem to conspire against us only when we fight and resist the adverse experiences of life. If we give more thought to joy, we will find that eventually joy will fill our life. Start the joy thought going and there will be no place for unenjoyment.

Realize at all times that God continues to sing in your heart, regardless of how the world looks to you.

A PERSONAL PROBLEM SOLVED



BUSINESS WOMAN relates a very interesting experience that she recently had in handling a difficult personal problem and arriving at its solution. In the office in which she had held a responsible position for several years, a change in the management had caused a new man to be put over her. Right from the start there was mental warfare between them. The conflict became so acute that he was never out of her mind, either during the day or after office hours.

There came a time when she realized that a solution had to come quickly. Then she awoke to a rather startling realization, one so simple and yet so true that it will be of help to all who have problems of such a nature to handle. It came over her like a flash that, while she had to be associated with this man during office hours, there was no power on earth to make her think of him from five o'clock in the evening until nine the next morning! She saw that she had not only established a bad habit of thought but had placed herself in such an adverse state of mind that she could not do her work well.

She left the office the first evening after having promised her mind a vacation from the whole situation. She relates that many times during the evening she had to work hard to keep the thought of this man out of her mind. She kept herself busy thinking about other things, subjects that would not suggest her work to her. In a few evenings she was sleeping better and beginning to feel a relief from

the irritating subconscious reaction that she had had to the situation. Before a week was over, she had learned how to discipline her thought.

At this point she made a second discovery. She was approaching her work in the morning with a strange, new power. She was her old self again. She was forgetting the unhappy experiences of the day before. She began to shoulder some of the blame and the responsibility for the situation that had arisen. She found that much of her trouble had come from handling a situation from the standpoint of events of the previous day. Her mental refreshment during the evening had broken the hold of the unpleasant experiences. In a few weeks she, an executive herself, and the new manager became the best of friends and learned to look to each other for coöperation at all times.

This illustration has within it the very secret of solving personal problems. If you have been inclined to carry in your mind the thought of how another has unjustly treated you, how this one's presence disturbs you, drop the thought for a while. Most assuredly, you do not have to think of this person if to do so is to disturb your peace of mind. You do not have to think of any person or anything unless you desire to do so.

You must learn in handling personal problems to break with unpleasant situations of the past. According to Truth, you cannot judge a

person today by what he said or did yesterday. In the meantime, he may have gone far beyond you in spiritual consciousness. If you think that another is not coöperating with you, improve your own sense of coöperation. Correct your thought. Mental battles engaged in will harm you more than the other fellow. Letting the thought of hate or fear run riot in your mind is a bad practice. Keep your thoughts in order just as you would your affairs of business.

In solving personal problems, first attempt to get out of personal consciousness. By this we mean that adverse state of mind in which you think of other persons as having power to disturb your peace, block your progress, interfere with your well-being. No person in all this world has power over you, power to disturb or injure you. You do not have to think of any one or his unkindness unless you choose to entertain such a thought. One of the most precious gifts of God to you is that of absolute and perfect mental freedom. Through a knowledge of this fact one woman in a high position found the solution to her personal problem.

Eventually we shall see that all problems are purely mental. Through higher understanding we shall be able to drop the offending thought from mind and, doing so, bring about its solution. This will come through our constantly living in that high state of consciousness in which we know that God as love is all.

RISE ABOVE THE CLOUDS

RECENTLY on an airplane trip from Kansas City to Mexico City, we encountered considerable cloudy atmosphere. The day was dull and gray. One would have been inclined to think, "There is no sun," just as if it had ceased to exist and, certainly, it seemed to have done so, temporarily. Then our pilot turned his plane upward and it nosed its way through and beyond the clouds into glorious sunshine.

Even as the world had looked small to us from a lower elevation, so it passed from sight and even from thought as we ascended higher and higher. At one point the earth was about 17,000 feet below us, but we could see only the white, downy clouds. The light of the sun upon them brought us into a dazzling radiance. We seemed to be conscious of only ourselves, our wings of flight, the glorious sun, and the presence of God.

He who has put the clouds under his feet feels mastery over them. The world with its mists and fogs no longer exists for him. He lives in the sunshine of heaven. Everywhere about him is its light. When we live in the sunshine, we cease to give thought to clouds. When we find ourselves at a great elevation, we seem to have ascended above the petty trials of earth. Height is a great leveler and helps our vision to smooth out hills and valleys.

Since the experience of living for a while above the clouds was entirely a mental experience—in that a complete change of thought had

to give us an appreciation of it—does it not follow that a change of thought under any condition is bound to give us a change of viewpoint? Cannot the person on the ground appreciate the experience of the passengers in a plane as they fly above the clouds to such an extent that he virtually has the experience himself?

If your life seems to be full of clouds, if no sun is shining for you today, try to rise above the clouds. Feel that your pilot is taking you right through them into the light of peace and understanding. The day may appear to be dull and gray, but the sun will still shine for you if you can make a change in consciousness.

Our clouds may be belief in disease or thoughts of fear, but still we can ascend above them. We can push upward into the light of Truth. We can live in that exalted realm where we feel and know that we are heavenly beings, for such we are. We can realize that the sun of Truth is powerful to dispel all our clouds of wrong thought. The warmth of the sun soon causes clouds to disappear. So does the warmth of divine love dissipate human ills. The light of Truth dawning upon consciousness puts to flight ignorance, hate, fear, disease, and failure.

Just as a passenger in a plane has confidence in his pilot, believes in his good judgment and skill, knows that he will bring him to a port of safety, so must we put ourselves and our affairs into the keeping of the Spirit of Christ, knowing that He will pilot us with supreme

wisdom and infold us in His peace and loving protection. The radio operator in a plane draws from the ether instructions on how the ship is to be handled through favorable and unfavorable conditions. So must we draw from Divine Mind instructions to help us chart our way through seeming clouds and difficulties.

When you have decided to have the experience of rising mentally and spiritually above things of earth, remember to make contact with the higher Power. When a plane is ready to make its trip, the pilot shouts, "Contact!" The ignition is turned on, the blades of the propeller are given a little start, the motor starts to detonate, and the giant bird is ready to fly.

Many persons undertaking metaphysical treatment neglect to make the inner contact. They would attempt to soar above the clouds without power. The reason why many are unable to rise above worldly limitations is that they fail to sense the presence of God. He must be more real to them than that from which they would escape.

If you are living in some adverse thought today, rise above it. Ascend into the light of Truth and see the adverse thought disappear below you. In the presence of God, there is naught but light, naught but peace and joy and health. The adverse experiences that have seemed so hard to you will be minimized when viewed from the height of spiritual consciousness.

LIFT UP YOUR HEART

Somehow, I never want to pray
With downcast eyes, with head bowed low ;
I think that when I'm looking down
My prayers to earth are sure to go.
One time in abject attitude,
I, humbly kneeling, tried to pray,
But, quickened in the Truth, I found
There was a better, surer way.
With outstretched and uplifted arms
I stood erect; with upturned eyes,
I felt that I could better see
Right into heaven's paradise.
Now, when again I turn to God,
I know it matters not what way
I voice my words or kneel or stand,
If just my heart can only pray.

For, when I lift my heart to God,
Behold full heaven's grace,
There's mirrored in my heart His love
And there I see His face.
Lift up your heart to God in prayer,
Lift high your vision, too ;
Replenish well your life with Him
For He all things can do.

TUESDAY, MARCH 1

*My faith in the everywhere present
good increases as I increase my faith in
God.*



F YOU would have more faith in the presence and power of good, have more faith in God. If you need more faith in your fellow man, increase your faith in God within him. Faith in God increases your faith in life, your faith in health, your faith in success.

Without faith in good, we should be without the means of laying hold of it. Faith is the connecting link between man and his good, between him and God. To have faith in the good that lies about him, he must have faith in God, who abides within him.

By faith we take a tangible hold upon that in the invisible which we hope to bring into manifestation. We cause our peace, joy, health, and success to appear when we have faith in them, knowing that they exist for us, ready to manifest themselves at our invitation.

Our having faith in God within us gives us faith in God in others. Through faith in God we can behold the good in them coming into visibility. We look through eyes of faith and see beyond the outer appearance.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth translation).*

I refuse to be anxious or worried. I place all my affairs in God's keeping and confidently trust Him in all things.

WE CAN easily give our affairs into God's keeping when we refuse to entertain worrisome thoughts. We place our affairs in God's care when we realize that we can trust Him in all that we do. Worry loses its hold upon us when we develop sufficient trust in God to have confidence in Him at all times.

Worry can be plainly recognized in its development in the mind wherein there is insufficient trust in God. The proof of this lies in the fact that we do not and cannot worry when our thought is taken off external things and placed upon God. We see, then, that worry is the very antithesis of confident trust. To relieve ourselves of worry we must rise out of the belief that external things have power over us, and realize that in Spirit God is over all and in all. A realization of this principle of Truth removes all cause for worry and establishes us in the confident conviction of God's omnipotence.

Worry is an adverse thinking process. When thoughts of Truth, thoughts about our true relation to God, are established in consciousness, there is no place for worry.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

The blessings of God continue to manifest in my life. On every hand God's blessings appear.

IN TRUTH God's blessings are continually poured out upon us. If our adverse thoughts obscure these for a time, we have but to clear our mind of negative beliefs in order to behold the presence of infinite blessings. Many times a person who seems to have few blessings in life discovers that in reality he has many. When his mind is turned from the belief in lack he finds much for which to be thankful.

God's blessings are never withheld. These pour out upon us at all times. We may blind our eyes to happiness, health, and plenty, but when we see truly we behold the presence of all that God has in store for us. Our blessings, then, appear when our mind is filled with Truth and our heart is lifted up to heaven.

The plan of counting our blessings causes more to appear. Why? Because it brings us into the consciousness of blessings. As we enumerate those that we have, we live in the presence of them, and we find that more blessings appear. They seem to reveal themselves that we may be thankful for them.

The blessing of Jehovah be upon you;
We bless you in the name of Jehovah.

—*Psalms 129:8.*

The presence of God, the good, in my life causes me to see less and less of evil. Good is omnipresent.

EITHER good or evil occupies our thought and attention. If we look for evil and find it, our attention is drawn from God, the good. We fail to see the presence of God when we acknowledge and recognize evil as having any place, reality, or existence in our life. The more we admit evil to our consciousness, the more we turn in mind from the fact of God's omnipresence.

In Spirit there is only God, and His outpourings. In Truth there can be only His omnipresence. We can make no place in Truth for evil in any guise, whether as sin, fear, or disease. In the world of appearances, evil may seem to exist. In the world of Truth, there is only God.

If you would have more good in your life, increase your understanding of Truth. Think more of God. Turn your attention away from that which has been designated as evil. Think often of God as being everywhere present. Think of good as filling your life, even as it is filled in Spirit with the presence of God. By thinking of good, we cause it to manifest.

Abhor that which is evil; cleave to that which is good.—*Rom. 12:9.*

I am not under adverse law. God, the principle of good, rules my life supremely.



ANY PERSONS think of themselves as under the dominion of adversity, sin, hate, fear, disease, and lack. They think of themselves as governed by laws of adversity, which bring about these adverse conditions. They fail to realize that in Spirit there is only the government of divine law.

Man feels that he has dominion over his life when he realizes that he is working in conjunction with spiritual law. He realizes that adverse and negative laws exist only for the person who is in an adverse state of consciousness. He knows that in spiritual consciousness, in the realization of absolute Truth, there is but one law, the principle of good—God!

The law of Spirit is man's chart and compass. According to it he measures his every thought and act, if he is a student of Truth. He gradually sees that he can break all connection with adversity and adverse laws by taking his thought off these and by realizing that there is only God, the principle of good.

The law of God now operating in our life is the law of perfect peace, love, and success.

The ordinances of Jehovah are true, and righteous altogether.—*Psalms 19:9.*

*Conscious of new ideas and new life,
I realize that in Truth I abide forever in
the renewing Spirit of God.*



AS WE GIVE up old and crystallized ideas about life, we find that any feeling of age leaves us. Mentally renewing ourselves, we discover that physical regeneration takes place. As we cease to think thoughts that would produce age, we cease to produce such conditions in the physical organism.

We are conscious of either age or youth. The two viewpoints do not mix. If we believe in age, then we fill the body with an aging influence. If we realize the truth about life, the reality of youth and eternal newness in Spirit, then we manifest newness and youth in the physical.

Wipe out every belief in your mind that you must grow old. Established in the understanding of Truth, you should eternally be conscious of youth. You should reach that point in consciousness where you realize that the race belief in age does not affect you.

Abiding in the presence of God, you live in the presence of youth, life, and newness. Nothing can keep you from enjoying the youth of Spirit when you live in the consciousness of eternal newness.

Renew a right spirit within me.—Psalms 51:10.

MONDAY, MARCH 7

*The life of God is my life, and in Him
I am forever alive.*

IN TRUTH we live in God. We cannot be independent in our living. We cannot live apart from Him. We cannot live a life separate from God's life. Eventually we must acknowledge Him and become conscious of His presence as part of our very existence.

Deny every belief in the insufficiency or limitation of life. Deny the race belief that God's life in you will be withdrawn or that you will ever cease to be a part of His life. Deny the belief that you can cease to live, since, at one with God, you will live for all eternity.

Within you is the Source of all life. You have but to turn your attention within yourself, to your inner consciousness, in order to lay hold of abundant life. You have but to realize that God's life is yours in order to feel more life within you. When you are prompted to entertain the idea of fatigue, exchange it for the realization that you possess bountiful life. When the thought of disease or death comes to you, neutralize it with the teaching of Truth about life.

The life of God within you is ever your life. You abide in God and in His life. You cannot live without Him.

With thee is the fountain of life.—*Psalms 36:9.*

Infnite joy fills my heart because I have found Christ within me, the source of all joy.



THE STUDENT of practical Christianity learns that he should not look to things of the outer world to give him joy. He should not think of persons or things as having power to take his joy from him. He should know that his happiness comes from a realization of his oneness with God, of his oneness with all joy.

When you are tempted to be unhappy, when there seems to be nothing in life to make you joyful, change your thought. Turn your attention from things of the world about you. Cease to give them power over you. No longer believe that they can make or destroy your joy. Turn your thought to Christ within you. Realize that His presence is one of great joy and that in Him your joy is constant.

When you realize Truth you will find that your joy does not change. Conditions about you will not affect the state of your joy. You will be happy just to know Truth, just to realize your supremacy over the old thoughts that seemed to disturb you, just to realize your oneness with Christ within you.

Your joy is unlimited, unbounded, unending—when you lay hold of the joy of heaven.

The joy of Jehovah is your strength.—Neh. 8:10.

My body is the temple of God, filled with His presence, life, health, and strength.

IF YOU have been entertaining the race belief that your body is material, subject to disease and disintegration, realize that in Truth it is the temple of God—the temple of life and health. If you have thought of your body as the habitation of germs and weakness, know that it is the temple of God and, as such, is perfect in Spirit.

A study of the Bible helps us to rid ourselves of some of the age-old beliefs about the body. We cease to think of it as impure and sinful when we know that in Spirit it is pure, holy, and perfect. We realize that the body is really the embodiment of God's presence, that it is filled with the holy presence of life, health, and strength.

You can improve your health just by changing your belief about the body. At least, you can cease to think the negative and adverse thoughts that produce weakness and disease. You can cease to think of your body as something to be despised, neglected, and denied. You can realize that as God's holy temple it is to be kept free from negative thought—free from sin, disease, and death.

The temple of God is holy, and such are ye.
—1 Cor. 3:17.

THURSDAY, MARCH 10

I am free from the habit of impatience, because I trust God to bring good to pass.



THE IMPATIENT person believes that God's help will be delayed. He believes that adverse conditions will act to prevent the action of God. He thinks that, somehow, some external force, power, or thing will prove too much for the omnipotence of God, the good.

When we have the spirit of patience, we can go through any experience knowing that God is with us and that He will prove Himself mightier than any seeming adversary. Such a spirit causes us to be so filled with patience that no appearance of the coming of evil, confusion, and disorder can cause us to be alarmed. Certainly, we can show no impatience when we trust God fully.

The habit of impatience develops through the individual's thinking thoughts of impatience to the exclusion of thoughts of trust and assurance. He comes to believe that external conditions will prevent God's work from being done. He believes that conditions of the external world will produce confusion in his life before God's salvation can appear. The habit is overcome when he learns to trust God.

The patient in spirit is better than the proud in spirit.—*Ecc. 7:8.*

FRIDAY, MARCH 11

*The peace and harmony of God fill
my mind and my heart, and my world
is peaceful and harmonious.*

IF YOUR WORLD seems to lack peace, if your environment is inharmonious, turn inharmonious thoughts out of your mind. Dwell upon thoughts of peace. No longer think of persons and things as bringing about inharmony in your life. Realize that the peace of God is mighty to restore your world to peace and harmony.

Peace and harmony are normally ours. When our mind is adjusted to Truth, when we realize that in Spirit we abide in heaven—perfect harmony, peace will be ours as a natural inheritance from God. We can then see that our world becomes like our innermost thought. If thoughts of inharmony and confusion emanate from us, our world will be of like character. If we are peaceful-minded, then peace will fill our world.

We are certain that, when our mind is established in the peace of God, He will maintain us in perfect peace. There can be no doubt about this. We cannot doubt that the reward for our being peaceful in mind will be an environment of peace. The world about us will be transformed into one of harmony.

Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.
—Isa. 26:3.



NG AND FINDING

men seeking, ever searching for a prize;
the pleasure that so far eludes its eyes;
right for, frequent is the search for wealth;
that's hidden, some are looking for their health.

us for the thing to satisfy;
others when they would our happiness deny;
persons hope to find the thing that's sought;
quite material—to be sold or to be bought.

ended when—within—our God we find,
all pleasure, health and wealth and peace of mind;
happy, no more running here and there,
the treasure, then we'll find it everywhere.

*Neither God nor man condemns me.
God in the midst of me praises and ap-
proves of me.*

PRAISE is of God. He approves of us, His children, because we are made in His image and likeness. No thought of condemnation passes from God to us. No belief in our shortcomings abides in Divine Mind. God does not condemn us, no matter what we think or do. The adversity that comes to us at times is but the negative result of a law whose action has come about through our negative and adverse thought.

Sickness does not come to man as a punishment from God. Disease comes about through man's failure to live according to Truth. God gives him health. Man can live according to the law of God and be healthy or, else, he can disobey the law and bring about for himself weakness and disease. These negative conditions, however, do not come from God.

If you would be free from condemnation, cease to condemn. Do not condemn yourself or others. Free your mind from the belief in condemnation and you will no longer attract condemnation. If the thought of condemnation is removed from your mind, there will be nothing to draw condemnation to you.

That we may not be condemned with the world.
—I Cor. 11:32.

SUNDAY, MARCH 13

There is no power in all this world to enslave me. Through Christ, I am free in mind, soul, and body.

FREEDOM came from heaven to man when Jesus Christ taught that Truth frees man from limited beliefs. Freedom takes place first in the mind. Man is there liberated from beliefs that have enslaved him to negative conditions. He is set free from thoughts that have bound him to sin, disease, and poverty.

Christ sets us free through the Christ consciousness. We can be entangled again in bondage only to the extent that we drop from this high realization and entertain thoughts of bondage. Thus, if we are set free from disease through accepting our freedom in Truth, we abide in this state unless we sink to a lower state of consciousness and again believe in disease as a reality.

To be free we must keep the realization of freedom. Every adverse thought must be denied and kept out of mind. Every belief that would enslave us to persons, things, or negative conditions must be denied place in our consciousness.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

MONDAY, MARCH 14

The love of God in the midst of me quickens me to love, and I handle all situations through love.



THE LOVE of God knows no hatred, jealousy; or personal animosity. The personal situations of misunderstanding in the outer world do not affect divine love. It remains constant, unshaken, in spite of the vaunted power of hate and fear. Nothing can cause God's love in the midst of us to be other than divine, supreme, invincible.

Have you awakened to His love? Do you not sense within you a feeling of compassion and understanding that transcends the occasional emotion of personal dislikes and resentments? Do you not feel that there is that within you that forgives and forgets, that wipes out all memory of personal wrongdoings? Does not something within you whisper that the one whom you have called your enemy is still a child of God, still meriting your compassion and help? If so, then, you have realized just what the love of God within your heart is. You have sensed the very love of heaven. You have realized something of the love of Christ for those who reviled Him.

The Lord make you to increase and abound in love one toward another, and toward all men, even as we also do toward you.—*1 Thess. 3:12.*

Knowing my true relation to God and to all things, I conform my every thought to Truth.



KNOWLEDGE of Truth gives us some standard by which to measure our thinking. Knowing what is true, we can the more easily refrain from thinking that which is untrue. Knowing that health is our divine birthright, we do not so readily accept disease as something identified with us.

Thinking calls for thought discipline. We either think according to false standards of life—standards having to do with sin, disease, and failure, or else we think thoughts of Truth, thoughts of our perfection, health, and success. First, we serve God mentally. We grasp the concept of Truth and carry it to higher consciousness, into spiritual realization. We are converted from the old beliefs that have held us in bondage, and we accept new thoughts, and Truth.

Thinking in terms of health, we discountenance disease. Thinking success and prosperity, we rise out of the thought of lack and failure. Thinking heavenward, we unify ourselves with the mind of God, and the very power of heaven becomes ours. We find that by right thinking we identify ourselves with Spirit.

I of myself with the mind, indeed, serve the law of God.—Rom. 7:25.

WEDNESDAY, MARCH 16

I do not believe that I can be treated unjustly. Infinite justice rules my every thought and every part of my world.



LET US have for ourselves such a high standard of justice that we cannot believe that others can deal with us unjustly. The thought that another can harm us belongs strictly to personal consciousness. When we rise to the realization of Truth, we are free from all belief in injustice. We know that in Truth there is only God, only His justice.

Are you holding in mind the thought that others have power to harm you, to keep you from being happy, to interfere with your progress? Cease to believe that another can keep you from realizing the manifestation of perfect justice. No one has power to keep you from entering the consciousness of divine justice and causing it to manifest in your life.

Divine justice is always ruling our world. We have but to face the facts to realize this. We need only to give up every belief in injustice, free our mind from all negative belief, in order to behold the very justice of heaven. We have but to turn our face heavenward in order to realize that God reigns supreme.

What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—*Micah 6:8.*

THURSDAY, MARCH 17

Power, authority, and dominion are given me over every adverse situation, and I rule my world through Christ in the midst of me.

FROM WITHIN us come spiritual power and authority over sin, evil, and disease. Every adverse situation in the external world must yield to the power and authority of Truth, the might of Christ. Every negative force must give way to the supremacy of God.

As we perceive divine Truth and realize our relation to the spiritual world, we find that within us arises spiritual power. We discover that this has authority over everything of the world. We find that nothing of an adverse nature can prove too much for Christ.

Is there some adverse situation for you to handle today? Does something seem to have dominion over you? Just realize that Christ within you is all dominion, all power, all authority. Just know that you have power to cast out evil through the might of Truth. Know that nothing adverse to God can live in your world.

Authority is given you to take command of your every thought.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

My spiritual vision is quickened and opened, and I behold everything in its divine perfection.

BACK OF OUR physical eyes are the eyes of Spirit, spiritual vision. As we come into a clearer understanding of Truth, this vision is quickened and opened. Our physical eyes become cleared and strengthened as we more clearly understand just what our spiritual vision is. We find that this is our ability to perceive divine perfection and to behold things as they are in Truth.

False beliefs tend to cloud the vision. If we think of sin, evil, and disease as real, we cause these to be objectified in our life. If we are bound by ignorance, we do not see things clearly and distinctly. If we see through eyes of Spirit, through our spiritual understanding, we perceive divine perfection and beauty.

Bless your eyes often by holding a strong thought about their strength and perfection. Keep out of mind every belief that they can fail or become weak. Realize that they are the eyes of Spirit, through which Spirit within you looks upon a world of perfection.

Learn to look beyond appearances, limitations, and shortcomings, and to see things as they appear in heaven.

Blessed are your eyes, for they see.—*Matt. 13:16.*

The light of Truth shining in my consciousness dispels all ignorance. I am illumined and inspired.



WITHIN US is the light of illumination, wisdom, and understanding. There can be no darkness, no ignorance, in our mind when we realize this. We become conscious of our innate ability to understand all things. We know that the light of Truth is right within us and that we can never again believe in ignorance. Finally we come to know that as children of God we are children of wisdom and light.

If you desire more light on any problem or situation, give up the idea of ignorance or darkness. Do not think of yourself as not knowing what to do. Know that as a child of God you are divinely led into that which is for your highest good.

The light of God shining within you is the source of inspiration, revelation, and understanding. By turning to this light you will know just how to make decisions, which road to take, what choice to make. You cannot decide unwisely when you refer matters to Spirit within you. You cannot choose the wrong path when you leave all things with God.

Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.—*Isa. 58:8.*

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY**

March 20 to April 19

ILLUMINATION

In my integrity within me, where I know and see as God, I know and see myself to be free, wise, and immortal.

HEALTH

I see myself spiritually—mighty, courageous, strong, healthy.

PROSPERITY

I see myself crowned with success, and happy in my prosperity.

SUNDAY, MARCH 20

The healing presence and power of God now lifts me out of all belief in disease, and I am entirely healed.

AS WE direct our thought and attention to the presence of God within us, we cease to believe in the presence or reality of disease. As we realize that God is omnipotent and omnipresent, we know that disease has no place in reality. Thinking of the omnipresence of God, we lose all belief that disease and weakness can have any place in our being.

The presence of God is healing, purifying, regenerating, strengthening. Disease cannot live in His presence. The thought of disease cannot exist where the thought of God prevails. When we abide in His presence of health, we cannot live in disease.

We are healed to the extent that we can perceive health and wholeness. We exchange the belief in disease for the understanding of Truth as it relates to health. We rise out of the slough of despondency and disease to the heights of spiritual consciousness, life, and health. Thus health gains supremacy over disease, God transcends the belief in evil.

Behold, I will bring it [this city] health and cure, and I will cure them; and I will reveal unto them abundance of peace and truth.—Jer. 33:6.

The prospering Spirit of God active in my mind and in my world establishes me in prosperity and success.



AS STUDENTS of practical Christianity, we know that God is our supply as well as our health. We know that, as we turn from the belief in lack and failure, we find that He is our prosperity and success. As we meditate upon this fact, we discover that our affairs become impregnated with the very spirit of prosperity and success.

Keep your mind closed to belief in failure. Make no mental contact with the belief in lack. Realize that as a child of God you are not a child of misfortune and poverty. As an heir to the Father's kingdom, you are an heir to His riches and abundance. No worldly thought of lack and failure can change your status as His child and heir. If you will but rise out of the belief in lack and accept the reality of your prosperity, you will take a mighty step toward success.

Your loving Father provided for your care and sustenance on earth even before you were born. Your position in the world is established. Your place is one in which you find peace, joy, prosperity, and success.

Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.—III John 2.

In the heavens of the mind, I behold myself in heaven here and now—peace, joy, health, and plenty.

THROUGH THE STUDY of Truth we learn that heaven does not exist in some far-away place or in some distant time. Heaven is not gained or found through death, but through the consciousness of life and Truth. In spiritual consciousness, in the heavens of the mind, we find peace, joy, life, and prosperity. Through this high realization we find our relation to God. There is nothing more heavenly than this, nothing to compare with our consciousness of oneness with God.

The heavenly consciousness reveals to us that heaven is manifest here and now. We have but to lift our spiritual eyes in order to perceive it. We need do nothing but lift our thought and vision to find that heaven is right at hand.

If you would enjoy heaven, purify your thought. Give up heavy, limited, and adverse beliefs. Give up beliefs in hate, fear, disease, and lack. Enter into the realization that you are now in the very midst of heaven, in the midst of perfect joy.

God's kingdom is one of peace, joy, and love. You find it when your thought is heavenly.

The kingdom of heaven is at hand.—*Matt. 4:17.*

WEDNESDAY, MARCH 23

*I am under no strain or tension today.
I relax in the all-infolding presence of
God.*

DO YOU have difficulty in freeing yourself from tenseness in mind and in body? Can you relax whenever you desire to do so? Your relief will come through two ways: realizing your freedom from the thoughts that disturb your mental peace, and knowing that you can easily relax when you sense the presence of God within you.

Do not let things of the outer world make you tense. Do not let the things that other persons say or do put you under strain. In Truth nothing of the outer world can disturb the calm and peace of God within you. Knowing Truth as it relates to your higher being, you cannot let things about you make you tense.

When the time arrives during the day for your period of prayer or silence, do not permit any negative belief to disturb you. You can do this by entering into that high realization in which there is only God. You cannot be tense when you realize that you abide in God's loving and peaceful presence.

He that dwelleth in the secret place of the
Most High
Shall abide under the shadow of the Almighty.
—*Psalms 91:1.*

Christ, the Truth, is my Savior. He is with me at all times to save and to help me.



OUR deliverance from all adverse experience is at hand. You need not succumb to sin, evil, disease, or failure. You need not believe that you are alone, forsaken, deserted. Christ is right at hand. He is your deliverer, your savior.

When you think that you are without friends, without help, without comfort, try to feel the nearness of Christ. He is your friend, your helper. He is heaven's messenger sent to aid and to assist you. No problem is too difficult for Him to solve.

Have you often wished that there was some person or power that could deliver you from adversity? Have you not felt that life would be complete if you had some one to whom to turn when in distress? Life will take on a new aspect when you discover that Christ is your helper, always with you, always ready to aid and to deliver you.

Truth is our salvation. Through correcting our thought, we deliver ourselves from ignorance and darkness.

I will lift up mine eyes unto the hills, from whence cometh my help.

My help cometh from the LORD, which made heaven and earth.—*Psalms 121:1, 2 (A. V.)*

FRIDAY, MARCH 25

The Spirit of wisdom now reveals to me the path that I should take. My way is one of light, peace, joy, and success.



TO THOSE who are undecided about the way that they should go through life, those who seemingly stand at the crossroads, the message of Truth comes as a godsend. Decisions are not hard to make when we know that the Spirit of wisdom will reveal the way to us and make it one of pleasantness and success.

When we do not go the way of wisdom, Spirit's way, we find ourselves in confusion, ill health, failure. When we choose the path that Spirit maps out for us, we are assured of peace, health, plenty. We have but to refrain from deciding from the standpoint of personal will and be willing to be led by Spirit.

God approves of all that we do—when we are living in accordance with His will. All that He has is showered upon us when we go His way. We can see that we have all to gain when we are guided by the Spirit of wisdom.

If you have a decision to make today, lose all personal anxiety about it. Turn to the inner voice, the voice of God, and be led into that which is for your highest good.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

In the stillness and silence of Christ within me, I am free from all distraction. In Him I am calm and quiet.

IN A MODERN world of much noise and confusion, it is well for us to realize often the calm, still, quiet presence of Christ. If things of the outer world seem to irritate or distract us, we have recourse to the stillness and quietness of Christ within us. If things seem to crowd in upon our life, then we must realize the powerlessness of the external world to take our peace from us.

In your silence today aim to sense the inner presence that draws your mind away from all belief in irritation or disturbances. Live for a while with your own indwelling Spirit. Live apart from things of the world. Abide in God.

In the calmness and stillness of indwelling Spirit, let your soul be filled with quietness. Let peace pervade every atom of your being. Let Christ's presence virtually absorb your attention. Abide in Him and feel your own supremacy over things of the world about you.

In stillness, learn to possess your own soul. Nothing in all the world can disturb you when you know the reality of your oneness with the presence of God.

The work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever.—*Isa. 32:17.*

This day I am exalted above things of earth. I am lifted up to the glory of heaven.



WHAT A DELIGHT to experience spiritual exaltation, to feel oneself lifted above material things and to realize that in Truth one is a heavenly being! Through the understanding of Truth, one is exalted above those things which have seemed to hold one in bondage. One is lifted up into realization of the presence of God.

In Truth, you live above the claims of sin, evil, and disease. In Spirit, you are not a part of these. You exist in heaven, above all claims of earth.

Realize today your utter freedom from everything that would hold you in bondage to adversity. Rise above every claim of the flesh, every belief in the power of materiality. Through spiritual consciousness, rise in your divine majesty. Let your soul unfold its wings and soar above things of earth that have seemed to hold it in bondage.

Today, lay aside every belief and claim that would keep you from ascending to that high consciousness in which you realize your divine sonship, your oneness with God. Rise to the realization that you live above material claims. Know that you abide in heaven.

Arise, shine.—Isa. 60:1.

MONDAY, MARCH 28

The Truth of Christ now active in my mind liberates me from false beliefs. Truth reigns supreme in my consciousness.



FALSE BELIEFS are dispelled from consciousness when Truth becomes active. We learn that sin, evil, and disease have no claim over us when we realize that Truth is the supreme command of Heaven, and that nothing untrue can share its presence or power. Truth displaces and replaces falsehood.

If sin, disease, and failure have appeared to be real and true in your life, you will welcome the realization of their nothingness. You will come to know that only God, the good, is true. You will find that health and plenty are yours when Truth is enthroned in your consciousness.

If you have believed that others can harm you, you will rejoice over the teaching of Truth that God is all in all. You will be happy to know that your realization of His supremacy liberates you from the false beliefs of man. You will see that the philosophy of the race man—the teaching that evil has power over you—is but falsehood. Only the good is true.

The Truth of Christ wipes out all erroneous beliefs and in their stead establishes itself.

Speak unto me nothing but the truth in the name of Jehovah.—*I Kings 22:16.*

TUESDAY, MARCH 29

I am zealous and enthusiastic in all that I do, because I love and enjoy living.



TRAIN YOURSELF to get a keen sense of enjoyment out of all that you do. Be enthusiastic! Enjoy living! Expect a great deal out of life and you will not be disappointed. Contribute your share to its good times, to its happiness and joy.

Through enthusiasm we sense something of that world which we have visualized as heaven. When we are zealous we are alive to our best interests. We are appreciative of what heaven has in store for us. Enthusiasm links us with life and causes that which is within us to be quickened in ever increasing measure.

Those who enjoy living get a great deal out of life. They find many things to give them happiness that the pessimists fail to find. They have life revealed to them in new ways. They approach life from new angles and find that it gives them pleasant surprises at every turn.

You will become enthusiastic when you realize the importance of living life to its fullest. You will be filled with zeal when you find deep within yourself the burning zeal of Spirit. You will go forth with wings on your feet, joy in your heart.

Be zealous.—Rev. 3:19.

WEDNESDAY, MARCH 30

There is no fear in my mind. Only peace and courage exist there, since I know that God is all in all.



ANY PERSONS allow themselves to become filled with fear. Consequently, most of their reactions to life are the reactions of fear. They think a great deal about the power of things over them. They think little of the power of God. They need to know that the courage of Spirit is ever shared with them.

Do you fear persons, things, the future, contagions, financial panics? Do you cringe at the thought of these? Remember that there is nothing in all this world to make you afraid when you abide in the consciousness of Truth. There is nothing to make you fearful when you realize that within you are the strength and courage of Christ.

You will become conscious of absolute fearlessness when you rely upon the courage of Christ. Deep within you is that which can never be afraid. There is that which cannot be panic-stricken, even in the face of seeming disaster. Within you is that of Christ which cannot be affected by things of the world. In Truth you are like a strong pillar of stone against which winds blow, but which they fail to move.

Fear ye not, stand still, and see the salvation of Jehovah.—*Exod. 14:13.*

THURSDAY, MARCH 31

I am freed from all belief in personal shortcomings because my innate perfection is revealed to me.

WHAT A CHANGE would take place in the world today if man would but realize that in Truth he is not bound by personal shortcomings, but is the son of God, divinely created and supremely perfect! This realization would free him from belief in blemishes, mistakes, shortcomings, and personal faults. He would rise to the realization of his divine sonship. He would stand in the company of heaven, conscious of his spirituality and divine inheritance.

Our innate perfection is revealed to us when we cease to meditate upon our apparent shortcomings. When we give up the habit of thinking of our sins and faults, mistakes of the past, doubts of the future, we are ready to think with God and to think of our real nature. We are prepared to face the reality of our innate perfection and to have revealed to us ourselves as we exist in the sight of God.

As children of God we are children of light and perfection. We are disloyal to the heavenly edict when we fail to believe in our innate perfection, divine beauty, and supreme majesty. There is that within us which knows no evil, no sin.

Let us press on unto perfection.—*Heb. 6:1.*

Enrich Your Life With These Three Books

All Things Made New, by Frances W. Foulks, is an expression of triumph from cover to cover. To give oneself wholly to its joyous meditations is to be lifted out of materiality, and raised to the fullness of spiritual consciousness. This book, cloth-bound, price, \$1; in fabrikoid, \$2.

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*"He did it with all his heart
 . . . and prospered"*

. . . and prospered”

Of a certain king of the Israelites it is recorded that, whatever he began in the service of God, "he did it with all his heart, and prospered."

Doing a thing with all your heart—that is what counts. You want prosperity—every one does—but will you put your whole heart into your effort to bring it about? Will you resolve to cast out all negative thoughts, all fear of lack, and substitute thoughts of plenty, thoughts of God's unfailing abundance, and will you stick to your resolution?

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